

Simple Coleslaw

Makes: 6 Servings

This recipe will help you make half your plate fruits and vegetables. Cabbage can be steamed, baked, or stuffed, as well as eaten raw.

Ingredients

6 cups cabbage (shredded)
1 carrot (cleaned, peeled, and shredded)
2 tablespoons light mayonnaise
1/2 cup cider vinegar (or white vinegar)
1/4 cup sugar
1 teaspoon mustard (or dry mustard seed)
2 teaspoons celery seed (if you like)
1/4 teaspoon salt

Directions

1. Place the shredded cabbage and carrots in a large bowl.
2. In a separate bowl add mayonnaise, vinegar, sugar, mustard, and salt. If using celery seed, add that too.
3. Mix the cabbage and carrots well with the dressing.
4. Chill in the refrigerator for at least 1 hour before serving.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	3.5 g	
Protein	1 g	
Carbohydrates	16 g	
Dietary Fiber	2 g	
Saturated Fat	0.5 g	
Sodium	140 mg	